AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims:

1-53. (canceled)

54. (currently amended) ~~The method of claim 53~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set;

displaying said second image; and

calculating an ideal weight and an estimated body fat percentage for said person;

wherein said estimated body fat percentage is calculated substantially according to the following equation:

Body Fat Percentage = (Essential Fat + Excess Fat) / Body Weight
said Essential Fat being calculated substantially according to the following equation:

Essential Fat = ((Age x 0.001625) + 0.0425) (Ideal Weight).

55. (canceled)

56. (currently amended) ~~The method of claim 55~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said creating a second image comprises calculation of an age factor; and

wherein said age factor is calculated substantially according to the following equation:

Age Factor = ((-0.000438)Age^2 + (0.0439)Age) – 1.

57-59. (canceled)

60. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

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creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said base muscle gain factor is selected from the group consisting of:

1/725 if said goal comprises muscle gain only;

1/1087 if said goal comprises muscle gain and fat loss;

1/1450 if said goal comprises fat loss only or health maintenance.

61. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein a supplement boost is calculated substantially according to the following equation:

Supplement Boost = 1.0 + ((Days of Resistance Training / 7 days)

x   (Days of Supplementation / 7 days)

x   Supplement Boost Factor).

62. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

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said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said resistance compliance factor is calculated substantially according to one of the following:

(a) if said regimen comprises a number of days of resistance training per week which is greater than 4,

Resistance Compliance = (Days of Resistance Training / 3) + 2.56667

(b) if said regimen comprises a number of days of resistance training per week which is less than or equal to 4,

Resistance Compliance = Days of Resistance Training.

63. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said age factor is calculated substantially according to the following equation:

Age Factor = Age^2 (0.009835) + Age (-1.84086) + 84.54923.

64. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said nutrition factor is calculated substantially according to the following equation:

Nutrition Factor = Days/Week on Nutrition Plan (0.035714286) + 0.75.

65. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

wherein said gender factor is calculated substantially according to one of the following equations:

(a) if said person is a female,

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Gender Factor$_{female}$ = 0.55;

(b) if said person is a male,

Gender Factor$_{male}$ = 1.0.

66. (currently amended) ~~The method of claim 59~~ A method for producing an image predictive of a person's appearance resulting from following a prescribed regimen, said method comprising:

receiving a first data set associated with said person;

said first data set comprising a body shape designation;

said body shape designation being representative of where fat is located on said person;

creating a first image representative of said person in a pre-regimen condition by modifying a generic image based on said first data set;

receiving a second data set comprising at least one goal desired from said regimen;

creating a second image representative of said person in a post-regimen condition by modifying said first image based on said second data set; and

displaying said second image;

wherein said at least one goal comprises muscle gain and wherein said muscle gain is calculated based on at least one of the following factors:

a base muscle gain factor;

a supplement boost factor;

a resistance compliance factor;

an age factor;

a nutrition factor; and

a gender factor;

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wherein said muscle gain is calculated substantially according to the following equation:

Muscle Gained / Week = (Resistance Compliance x Base Muscle Gain Factor)

x Supplement Boost

x Age Factor

x Nutrition Factor

x Gender Factor.

67-76. (canceled)